

UPDATE on WC Medical Issues & Formulary

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CHSWC Meeting, 3/24/17

Topics

- **Online Education**
 - MTUS
 - QME
- **MTUS Updates and Changes**
 - Treatment Guidelines
 - Formulary

MTUS Online Education



- Instruction on how to use the MTUS.
- Available online without charge.
- Free CME credit.
- Example cases.
- <http://www.dir.ca.gov/dwc/CaliforniaDWCCME.htm>

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DWC Physician Education



Available now online and for mobile app! Free CME* credit.

Physicians treating in the California workers' compensation system are required to follow the evidence-based recommendations in the DWC medical treatment utilization schedule (MTUS). The online course below provides helpful instruction.

In the first training module, learn to maximize patient recovery, function, and return-to-work considerations using the MTUS.

You will learn:



- What the MTUS is and how to use it
- How to navigate the MTUS treatment guidelines and apply recommendations via case scenarios
- When to consider recommendations outside of the MTUS guidelines for the care of your patient
- The role of utilization review (UR) and independent medical review (IMR) physicians

This online one-hour course is for treating physicians, qualified medical examiners, physician reviewers, other health care providers, as well as anyone else interested in learning how to use the MTUS.

Additional modules are under development and will be added to this website.

Access the CME Training Module

Also available for iOS and Android:

Notice: To register for and access the online physician training module, you must follow one of the links above. You will then be re-directed to an external site.

For technical assistance on this module, please contact CADWOC Support.

Division of Workers' Compensation (DWC)

Quick Links

- [Online QME Form 106 Panel Request](#)
- [DWC Physician Education](#)
- [Search for a workers' comp case](#)
- [Know my rights](#)
- [What to do if you get hurt on the job](#)
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<http://www.dir.ca.gov/dwc/CaliforniaDWCCME.htm>

MTUS – Updated Guidelines

- Will update all MTUS evidence-based treatment guidelines

Treatment Guidelines

- Updates to Current MTUS Topics
 - General Approaches
 - Neck and upper back
 - Shoulder
 - Elbow
 - Forearm, wrist, and hand
 - Low back
 - Knee
 - Ankle and foot
 - Stress (Mental Health)
 - Eye
 - Chronic pain
 - Opioids

Treatment Guidelines

- New Topics to be added
 - Hip and groin
 - Interstitial lung disease
 - Occupational asthma
 - Traumatic brain injury

Rulemaking Procedure / Timeline

- Adopt the Formulary pursuant to Govt. Code Administrative Procedure Act
- Notice of Rulemaking – published March 17, 2017
- 45-day comment period & Public Hearing – May 1, 2017
- 15-day written comment period

Update Procedure

Labor Code §5307.29

- At least quarterly updates
- Adopted by an Administrative Director posting order

Goals & Structure of the Formulary

- **Goal** in implementing AB 1124: Adopt an evidence-based drug formulary, consistent with the MTUS, to augment provision of timely and high-quality medical care, while reducing administrative burden and cost
- Accomplished through Formulary structure
 - MTUS Treatment Guidelines – The Backbone
 - MTUS Drug List
 - Preferred drugs – No Prospective Review if in accord with MTUS
 - Non-Preferred & Unlisted Drugs – Prospective Review required
 - “Special Fill” & “Perioperative Fill” of specified Non-Preferred drugs
 - Ancillary Formulary Rules

Ancillary Formulary Rules

- Intended to support the provision of appropriate, cost-effective, high quality medical care
 - Access to non-preferred and unlisted drugs
 - Off-label use
 - Generic drug preference; requirements for brand name drug
 - Compounded drugs
 - Physician dispensing

Refinements to Proposal After DWC Forum Comment Period

- MTUS Drug List changes
 - Changed “First Fill” to “Special Fill”
 - Added more Special Fill drugs (mostly corticosteroids)
 - Added Perioperative Fill column (mostly pain meds, anticoagulants)
- Reference in Guideline “legend”

(✓) Recommended

(✗) Not Recommended

(⊙) No Recommendation

| | Drug Ingredient | Preferred / Non-Preferred* | Special Fill** | Peri-Op*** | Drug Class | Reference in Guidelines |
|---|-----------------|----------------------------|----------------|------------|--------------------------|---|
| 1 | Acetaminophen | Preferred | | | Analgesics - NonNarcotic | ✓⊙ Ankle and Foot Disorders ✓ Cervical and Thoracic Spine Disorders ✓ Chronic Pain ✓✗ Elbow Disorders ✓ Eye ✓✗ Hand, Wrist, and Forearm Disorders ✓ Hip and Groin Disorders ✓ Knee Disorders ✓ Low Back Disorders ✓ Shoulder |

Regulation Proposal Changes

- Refinements and clarifications to definitions & rules
- Added Perioperative Fill provisions
 - Defines perioperative period, exempts from PR
- Added provision to Special Fill for AD to evaluate effect on IW use of opioids, including public input
- Added provision re: health & safety regulations such as California occupational Blood Borne Pathogens standard
- Added section stating that the Administrative Director may maintain and post a listing by National Drug Codes of drug products on the MTUS Drug List
- Added Forms – P&T Committee Application and COI

Rulemaking action in progress

- Comments on the proposed formulary are welcome and encouraged
- Public may follow the rulemaking on the DWC website rulemaking page:

http://www.dir.ca.gov/dwc/rulemaking/dwc_rulemaking_proposed.html



- Public may sign up to be on the Administrative Director's Newline list (DWC home page - Contact Us - Stay current on DWC activities)

Long-Term Opioid Use Following Treatment of Acute Pain

- CDC MMWR – 3/17/17
 - In a representative sample of opioid naïve, cancer-free adults who received a prescription for opioid pain relievers, the likelihood of chronic opioid use increased with each additional day of medication supplied starting with the third day, with the sharpest increases in chronic opioid use observed after the fifth and thirty-first day on therapy...
 - <https://www.cdc.gov/mmwr/volumes/66/wr/pdfs/mm6610a1.pdf>